



## STROKES ARE NOW A RACE AGAINST TIME. AND AFTER THREE HOURS, TIME WINS.






It used to be that if you had a stroke, there wasn't much anyone could do about it. But that's no longer true. New, revolutionary treatments may prevent death or disability.

For example, TPA (tissue plasminogen activator) acts as a clot buster for certain kinds of strokes. But to be effective, it must be given no more than three hours after the stroke happens.

That means it's important to know the signs of stroke inside and out. And when you or someone you know experiences even one sign, call 911 immediately.

## STROKE SIGNS. FOLLOW THEM STRAIGHT TO 911.

The difference between a nearly full recovery and permanent disability can depend upon how fast someone responds to the signs of stroke. Below are the signs of stroke. Know them well.

-  Numbness or weakness of the face, arm or leg, especially on one side of the body
-  Confusion, trouble speaking or understanding
-  Trouble seeing in one or both eyes
-  Trouble walking, dizziness, loss of balance or coordination
-  Sudden and severe headache



## STROKE PREVENTION. DON'T RELY ON A STROKE OF LUCK.

Risk factors for stroke include high blood pressure, high cholesterol, heart disease, obesity, diabetes, smoking, and a past history of strokes or mini strokes called TIA (transient ischemic attacks).

The good news is that you can do things to minimize some of these risk factors. You can:

- Quit smoking
- Control your blood pressure
- Keep physically active
- Improve your diet and maintain a healthy weight
- Manage stress
- See your doctor regularly and take medications as directed

For more information, visit [www.hearthighway.org](http://www.hearthighway.org), or call 1-866-88-STROKE.

UTAH DEPARTMENT OF HEALTH  
-STROKE, IT'S A TIME BOMB-





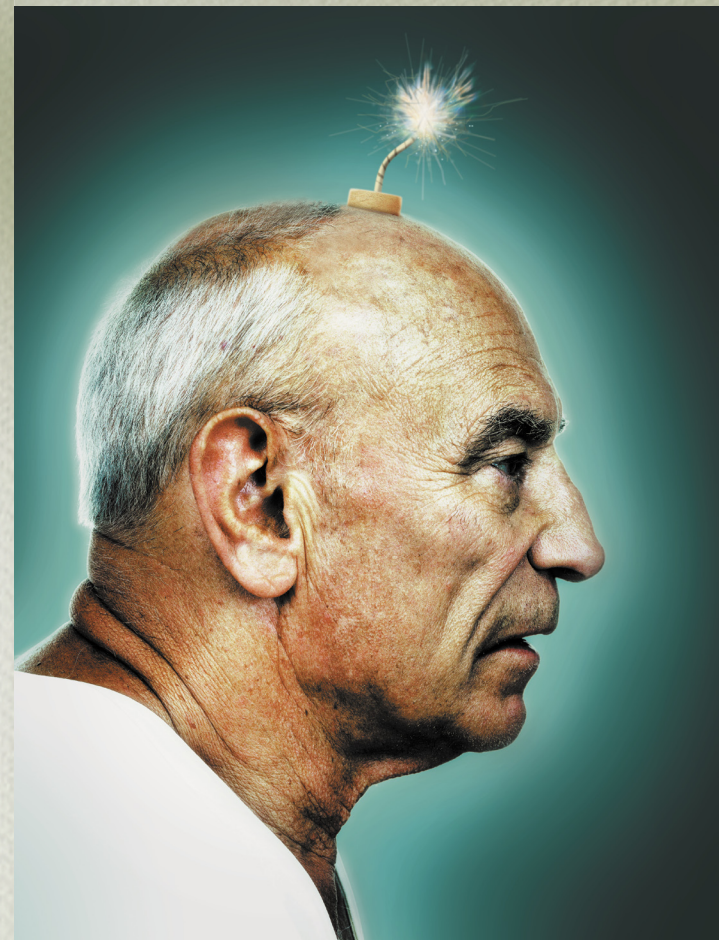
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AND 911 AS  
THE HOTLINE  
TO THE  
BOMB SQUAD.

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-STROKE, IT'S A TIME BOMB-

[www.hearhighway.org](http://www.hearhighway.org)  
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THINK OF  
A STROKE  
AS A  
TIME BOMB.

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